

Review by Victoria Alouisa

### “When The Body Talks” – A Truly Transformative Course

It has been almost three months since I completed the course “When the body talks”. I wanted to take some time before submitting my review. I wanted time to reflect upon my journey through the course and see it’s lasting affects...if there were any.

There is no doubt that Lauren is committed and cares about those she works with however, she will not give you answers or solutions in the course. That was very important to me because, in my opinion, one size does not fit all. What works for someone else might not work for me. She does give you loose guidance and suggestions. And, she gives you a foundation and supports you as you find your own solutions, as *YOU* find what works for *YOU*. I found Lauren’s calm inner peace to be very helpful as I sought to rediscover how to hear and take care of my body. I had forgotten how important it is to my overall well-being.

Being part of a group but not exchanging conversation with each other was a great experience. Each person conversed only with Lauren. Although it was an individual experience, I found that I learned a lot about myself by just listening as others went through their individual experiences.

Have there been lasting affects? Absolutely! Continuing to take care of the four foundational elements of a regulated nervous system, I continue to be in a more calm and balanced place. I give equal love and honor to both my mind and body and it has brought me an overall peace that I have not experienced in a long time.

If you want to bring your nervous system into a more calm and balanced state and you want to do it in the way that works best for you, I would definitely recommend this course.

I look forward to more experiences with Lauren, The “Resilient Healer”!

Thank you Lauren!